

ANNUAL NARRATIVE REPORT
NAVAJO COUNTY, 1940

by

Alice F. Beesley
HOME DEMONSTRATION AGENT.

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Alice F. Beesley
Home Demonstration Agent
Navajo County, 1940

Summary of Statistical Report
Navajo County, 1940
Alice F. Beesley

The former Home Demonstration Agent, Isabell Pace, was in the county Dec. 1939, Jan. 1940 and Mar. 1940. During the three months of February, April and May 1940 there was no County Home Demonstration Agent in the county. Alice F. Beesley took the office as Home Demonstration Agent June 1st, 1940

Isabell Pace attended the National Congress in Chicago in December 1939, and spent Jan. and Mar. completing her reports and projects in Apache and Navajo Counties prior to being transferred to Maricopa County in April.

The Clothing Specialist, Lorene Dryden, spent 6 days in the county conducting lessons on Fitting and Remodeling Garments.

The Nutrition Specialist, Jean Stewart, spent 5 days assisting the Agent with plans for a project on Lunches for the School Age Child, and presenting demonstrations on "How We Grow" emphasizing the choice of foods for young children. Through the cooperation of local organizations: Welfare and Social Security Office, the County Nurse, County School Superintendent, Home Supervisor of the F.S.A. and the Home Demonstration Agent six schools have organized and with the use of Surplus commodities are serving hot lunches to 301 children.

The assistance of the County Nurse was secured in preparation for the lessons on "Communicable Diseases". The diseases for which one can obtain immunization or vaccination were emphasized. The local schools are conducting an immunization program and an effort was made to correlate the lesson with their program. Preparations are being made to meet other health requests by planning in 1941 to present lessons on the "Care of the Sick in the Home" and making a First Aid Kit for home use. Also a directed campaign on household pests and how to control them will be presented later in the spring.

Other projects which will be emphasized in 1941 are: "Shoes and Hose in Relation to Health and Economic Problems", and "Physical and Social Developments of the Young Child". Plans are underway to cooperate in every way possible with the Mattress Making Project which is being undertaken as a National and State project.

The Agent has held meetings in 12 different communities during the 9 months when this service was available in the county and with a total attendance of 494 homemakers. In all the communities the Extension lessons were presented to L.D.S. Relief Society Groups.

There were three 4-H Clothing Clubs in the county this year. Two of these were regular Clothing Clubs and the other was

Summary (continued)

a Handicraft Club in which the girls learned to knit and crochet. The total enrollment in Clothing Clubs was 22 with 20 completions. Four 4-H Baking Clubs were organized with 41 members and 37 completions. The Agent with 5 local leaders and 18 Boy and Girl Club members attended the 4-H Roundup in Tucson in August. Six girls came home with awards.

The State 4-H Club Leader, Emil Rovey, spent three days in the county office assisting the Agent with plans for organizing and conducting the 4-H Club program. In 1941 an effort will be made to organize 4-H Clubs in each community in the county. The Agent spent Aug. 1st assisting Mrs. Barmes in Yavapai County with a community 4-H Achievement Day. This experience was very beneficial to the Agent in planning future Achievements in her own county.

Of a total of 162 days of official work in the county 88 days were devoted to office work and 70 days to field work.

One hundred seven visits were made in 94 different homes.

Fifty-six office calls were received and 33 telephone calls were cared for.

Thirty-nine method demonstrations were held at which there was a total attendance of 494 individuals. The Agent attended five other meetings of an Extension nature at which the estimated attendance was 300.

Fourteen different circular letters were issued and 281 individual letters were written.

ANNUAL NARRATIVE REPORT

Agricultural Extension Service
Navajo County

Alice F. Beesley
Home Demonstration Agent
Dec. 1, 1939 to Nov. 30, 1940

I. Organization

Sub-Project C. 4-H Clubs
Phase 1. 4-H Club Organization

Fifty-four girls and 1 boy were enrolled in 4-H Clubs during the year. There were 41 enrolled in Baking with 37 completing their work and 22 were enrolled in Clothing with 20 completions. Nine who were enrolled in Clothing were in a Handicraft Club where they learned to knit or crochet. There were 7 different Clubs in the county and an estimate of 48 meetings held by local leaders with a total attendance of 428. All of these Clubs were in progress only during the summer months with the exception of 1 Club which was organized in Woodruff near the opening of the school year. Local Achievement Days were held for all clubs with the Baking Clubs having a Community Achievement at Snowflake. A total of approximately 60 completions were made by the Club Members during the year.

The State 4-H Boys and Girls Club Leader, Mr. Emil Rovey, spent 3 days in the county assisting the agent in organizing clubs and interviewing members. The Nutrition Specialist, Jean Stewart, spent 1 day assisting at the Baking Achievement where she acted as judge.

Eighteen Club Members with 5 local Leaders accompanied the Agent on the tour to the State 4-H Round-Up in Tucson. One judging team took second place. The Agent feels that much profit was made by taking this trip with the Club Members. Leaders are enthusiastic over projects which can be undertaken in another year.

Clare Lonsway of Showlow who has taken crocheting the past 2 years won a national award of \$10.00 in the J. P. Coats Crocheting Contest which was held in June, 1940.

XIII Nutrition

Sub-Project B. Food Preservation
Phase 1. Canning Foods

In August when the Nutrition Specialist, Miss Jean Stewart, was in Navajo County presenting the lessons on "How We Grow" she checked pressure cooker gauges. Forty ladies brought pressure cooker lids to these meetings and their gauge-readings with altitude corrections were given to each. New gauges were recommended where needed and the suggestion given that each gauge which needed replacing should be replaced by a geared gauge. A local hardware store

stocked a supply of Pressure Cooker release valves for sale to replace worn out parts. A survey of the number of canned foods in each home in the county is being made thru the Land Use Planning Survey which is being made at the present time. These results will be a helpful guide to the Agent in aiding the homemakers in future canning and storing projects.

Sub-Project C. Food Selection

Phase 1. Good Growth and Development

The Agent spent 16 days in the preparation and presentation of the lesson on "How We Grow". The Nutrition Specialist assisted 3 days. This lesson was presented in 10 communities with 76 ladies attending. This lesson presented information and illustrative material on the choice of food for pre-school age children.

The demonstration showed a daily food supply which would be recommended for this age child. A posture film was shown in each of 3 communities where the Specialist presented the lesson. Forty bulletins on "Feeding the Young Child in the Home" by Merrill-Palmer School were given to mothers of pre-school age children. A well planned circular prepared by the Nutrition Specialist was given to each Home-maker who attended the meetings. A great deal of interest was shown in this lesson.

The picture given below illustrated the demonstration as it was set up. Following the discussion on "Points In Good Nutrition", the foods which a child should have in 1 day were placed on the table in correct proportions. The children in the picture were used to illustrate signs of good health and nutrition. They were exceedingly interested in the foods illustrated as well as the table and chairs.



Sub-Project D. Food Preparation
Phase 7. School lunch

In August while the Nutrition Specialist was in this county a conference was held to make plans for furthering the project on school lunches. Representatives from the Farm Security Administration, Welfare and Social Security, and the County School Superintendent attended this meeting. The County School Superintendent sent a letter of information concerning school lunches using surplus commodities to all of the school principals in the county referring the interested members to any of the above named agencies including also the County Nurse and the local Home Demonstration Agent. A week later under the signature of the County Superintendent a questionnaire was sent to each school which the Superintendent felt should have and would be interested in promoting a school lunch project. These questionnaires were sent to 11 schools. Only 6 replies were received and they were summarized as follows:

Number of children enrolled,	547
Number reported undernourished,	12
Number who bring lunch to school,	94
Schools serving hot lunch,	0

Six schools in Navajo County are at the present receiving Surplus Commodities and are serving hot lunches. These schools with the number of children being served are: Snowflake, 100; Holbrook, 60; Taylor, 50; Clay Springs, 45; Linden, 28; and Burton, 18. Only two schools who filled in the questionnaires are receiving the Surplus Commodities. In the other four schools the children go home for their lunch.

Two news articles were published in local newspapers on the subject of school lunches. Copies of these articles may be found on pages 18-19 & 20. These articles were prepared by Jean Stewart, Nutrition Specialist. A copy of the letter which was sent to the school principals is shown on page 16 and a copy of the questionnaire is on page 17.

The Agent spent 20 days preparing material on school lunches and the lesson was presented in 8 communities. A carefully prepared circular was given to each of the 45 persons attending these meetings. This circular was prepared with the assistance of the Nutrition Specialist. Other recipes and aids have been given to persons preparing the lunches.

XIV. Clothing

Sub-Project A. Selection
Phase 1. The well-dressed woman

The Clothing Specialist, Lorene Dryden, spent 3 days in Navajo County demonstrating the fitting of dresses. Seven meetings were held in the county by the Specialist or Agent and 51 Homemakers attended these meetings. It was

estimated that 34 different women followed recommendations in construction or selection of dresses for themselves or members of their family.

Sub-Project D. Selection and Economics
Phase 3. Remodeling or Extending the Life of a
Garment

The Clothing Specialist spent 3 days and the County Agent 18 days presenting material on "Remodeling Or Extending the Life of a Garment". These meetings were presented in 6 different communities with 76 Homemakers attending.

The Relief Society organizations in Navajo County will have projects in remodeling old garments within their own communities. The Agent feels that these lessons will be a great aid to many of them in this work. At the present it is estimated that 34 families have followed recommendations in renovating and remodeling garments with an estimated savings of \$45.00.

The picture below illustrates a dress which was remodeled under the direction of the County Agent. The dress was formerly a long bias fitting formal dress for a larger person.



Sub-Project D. Selection and Economics
Phase 4. 4-H Club Clothing

Twenty-two different girls were enrolled in 4-H Clothing Clubs. Nine of these took Handicraft in which they learned to knit or crochet. The remaining 13 girls were enrolled in Clothing I, II, or IV. Twenty girls completed their projects. Local judging contests were held in 2 communities.

XVII. Child Development and Parent Education

The Agent conducted two meetings in Holbrook on the subject of "Toys and Books for Children". These meetings were attended by 16 different mothers in the Cradle Roll Club of the Community Church. These families represented 18 children. Fourteen members reported play equipment improvements.

XVIII. Community Activities

Sub-Project A. Related Agencies
Phase 2. Farm Security Administration

The County Home Demonstration Agent has spent 2 days assisting the Home Supervisor of the F. S. A. with the Mattress Projects and School Lunch programs.

Phase 4. Parent-Teachers Association

The Agent attended two meetings of the Parent-Teachers Association at which there was a total attendance of 135. The subject of both meetings was the School Lunch Project. At one meeting the Agent explained the service which the Extension Department hopes to render in this project. At the present (November) the Parent-Teachers Association is sponsoring a School Lunch project using Surplus Commodities and is serving 60 children.

Sub-Project B. Conferences
Phase 1. Annual Conference

Isabell Pace, who was Home Demonstration Agent during December, 1939, January and March of 1940, attended the Annual Conference in Tucson and Phoenix January 15th to 20th. In her monthly report she states: "The Extension Conference was interesting and worthwhile; the program consisted of combined and Home Demonstration Agent sessions in each of which timely topics were discussed by specialists also reports on experiments conducted as well as newer trends and equipment developments.

The tour arranged in Maricopa County was most interesting indeed".

Phase 2. Office Conferences

An office conference was held in the Home Demonstration Agent's office August 19th to investigate the

possibilities of a School Lunch project in Navajo County. The following persons took part in this conference:

Miss Mary Brown, County School Superintendent.
Miss Lois Morgan, Welfare and Social Security Office
Mrs. Pearl P. Eagar, Home Supervisor of F. S. A.
Miss Jean Stewart, Nutrition Specialist
Miss Alice F. Beesley, Home Demonstration Agent.

Through the cooperation of these persons with local organizations 6 communities have undertaken the School Lunch project using Surplus Commodities. These organizations are serving 301 children.

Phase 3. Other conferences

The Home Demonstration Agent attended an office conference at which plans for promoting a Cotton Mattress Project in Navajo County were discussed. Twenty community representatives attended the conference. These persons represented the following Agencies or Organizations: Agriculture Adjustment Administration, Farm Security, Extension Service, Welfare and Social Security, Works Progress Administration, and the Latter Day Saints Church. Plans were made for making a project center at Snowflake with the L. D. S. Church as the sponsoring agent. A survey to determine the approximate number of mattresses needed is being made by local leaders in the nearby centers and the cotton and ticking will be ordered by the County Agent early in December.

Outlook (National 4-H Club Congress)

The Agent, Isabell Pace, served in the capacity of chaperone for the State winners who attended the National Congress in Chicago. Emil M. Rovey, State Boys and Girls 4-H Club Leader, Mrs. L. C. Spain, mother of one of the delegates, and three boys and four girls made up the party.

Following is the list of delegates, their projects and donors of trips won:

- 1--Audrey Jean Spain, Yuma Co., Wilton, Arizona;
Dress Review Winner; Trip--Chicago Mail Order Co.
- 2--Ruby Louise Ostrander, Maricopa County, Tempe,
Arizona; Food Preparation Winner; Trip--Servel
Electrolux Inc.
- 3--Nellie Thurman--Cochise Co.--Douglas; Canning
Winner; Trip--Kerr Glass Mfg. Corp.
- 4--Mary Louise Welch--Pinal County, Emery Park;
Girls Record Winner; Trip--Montgomery Ward
Company.

5--Lloyd Dindinger, Pinal County, Florence; Rural Electrification Winner: Trip--Westinghouse.

6--Harold Shoemaker--Maricopa County, Glendale; Agriculture Project Winner; Trip--Santa Fe Rail Road.

7--Carl Waite--Apache County; St. Johns, Agriculture Project Winner; Trip Santa Fe R. R.

The entire trip was enjoyed by each and all; however, the climaxing events came Tuesday, December 5, when it was announced one of our girls, Mary Welsh of Emery Park had won a \$200.00 scholarship and on Wednesday 6th at the Annual Banquet and Dress Review, our delegate Audrey Jean Spain of Wilton took the spotlight in the blue ribbon group.

There were 1534 4-H boys and girls with their leaders in attendance and surely no money or effort was spared to make the Congress a huge success. Breakfasts, luncheons, dinners were had at the finest hotels with excellent entertainment which included radio celebrities and places of outstanding interest. It will be a pleasant memory for the Arizona delegates for a long time to come.

Sub-Project C. Publicity
Phase 2. Weekly Column

During the months of July and August when the 4-H Clubs were well organized and before their Achievement Days, each Club Reporter sent a news item to the Agent's office and a 4-H news column was published in the local newspaper each week. Careful attention was given to the spelling and construction of these items.

Phase 4. Other (Lunches)

Two news articles were published in local newspapers near the opening of the school year. These articles were prepared by the Nutrition Specialist, Jean Stewart. Copies of these articles may be found on pages 18-19 & 20.

Sub-Project D. Fairs

The first two weeks of September were spent making preparations for the Navajo County Fair and Livestock Show which was held Sept. 13, 14, and 15th. There were approximately 250 Food entries and 100 Clothing entries. There were 15 remodeled garments entered and all were neatly made. Miss Jean Stewart, Nutrition Specialist, and Mrs. Frank Armour judged the Foods and Clothing entries. Excellent cooperation was rendered by the Farm Security Administration and local women in sponsoring the Navajo County Fair.

The County Home Demonstration Agent went to Young, Arizona, October 5th, where she judged the Home Economics entries for the Pleasant Valley Community Fair. She also did this judging at the Pine and Payson Fair which was held at Pine, Arizona, October 18, 1940. These Community Fairs in Gila County were well attended and a large variety of good quality products was exhibited.

Sub-Project E. Achievement Days

Three Achievement Days were held in Navajo County with a total of 85 persons present. These Achievements were held at: Overgaard, Holbrook, and Snowflake. The Achievement at Snowflake was attended by all 4-H Clubs in the County but only the Baking products were judged. Each Club furnished one or more numbers for the program and all enjoyed the pot-luck lunch which followed. The Overgaard 4-H Clothing Club and Holbrook Handicraft Club held their Achievements in the respective communities when their Club projects were completed.

Sub-Project H. Tours

Fourteen 4-H Club girls and 4 boys with five local leaders accompanied the Home Demonstration Agent to Tucson to attend the State 4-H Round-Up. Nelda Rencher received the Montgomery Ward Award and Melba Denham received the Servel, Inc. Award. Sariah Bushman and Karma Broadbent of Snowflake won second prize in judging Baking.

Sub-Project K. Recreation

Phase 4. Christmas Gift Meeting

Seven meetings were held in Navajo County at which Christmas suggestions were presented by the Agent and members exchanged ideas. At 1 meeting the subject of Homemade Toys was discussed and illustrated by the Agent. The Vocational Home Economics Instructor in Holbrook cooperated nicely by contributing a few homemade toys which she uses in her teaching unit on Child Care and Development. One hundred and one persons attended meetings at which Christmas suggestions were presented. This lesson was given in conjunction with the lesson on School Lunches in two communities where it was impossible to hold two meetings.

Mattress-Making Project

The County Agriculture Agent called a conference meeting November 27th. to discuss plans and opinions relative to a Cotton Mattress Project to be held in Navajo County. Twenty individuals attended the meeting representing the following Agencies or Organizations: Welfare and Social Security, Farm Security Administration, Agriculture Adjustment Administration, Works Progress Administration, Extension Service, and

Latter Day Saints Church. A committee from the Latter Day Saints Church at Snowflake agreed to sponsor the project with a center at Snowflake. Application forms have been taken to the neighboring communities and as soon as the number of mattresses which will be needed is determined the County Agent will order the surplus cotton and ticking. The Snowflake committee have guaranteed that the room and equipment will be in readiness when the cotton arrives. It was estimated that this county can use surplus materials for 480 mattresses or more.

XVI. Health

Sub-Project B. Health Program
Phase 1. Care of sick

The County Nurse, Mrs. Louise Morgan, assisted the Agent with two lessons on "Communicable Diseases". Three meetings have been held in the county on this subject with an attendance of 49 Homemakers. The Agent spent 30 days at this project. The subject of "Care of the Sick" will be continued in January and February meetings as is shown in the "Plan of Work" for Navajo County. Twenty-two persons reported improved health and posture practices.

HOME DEMONSTRATION PLAN OF WORK

COUNTY Navajo HOME DEMONSTRATION AGENT Alice F. Beesley YEAR 1940

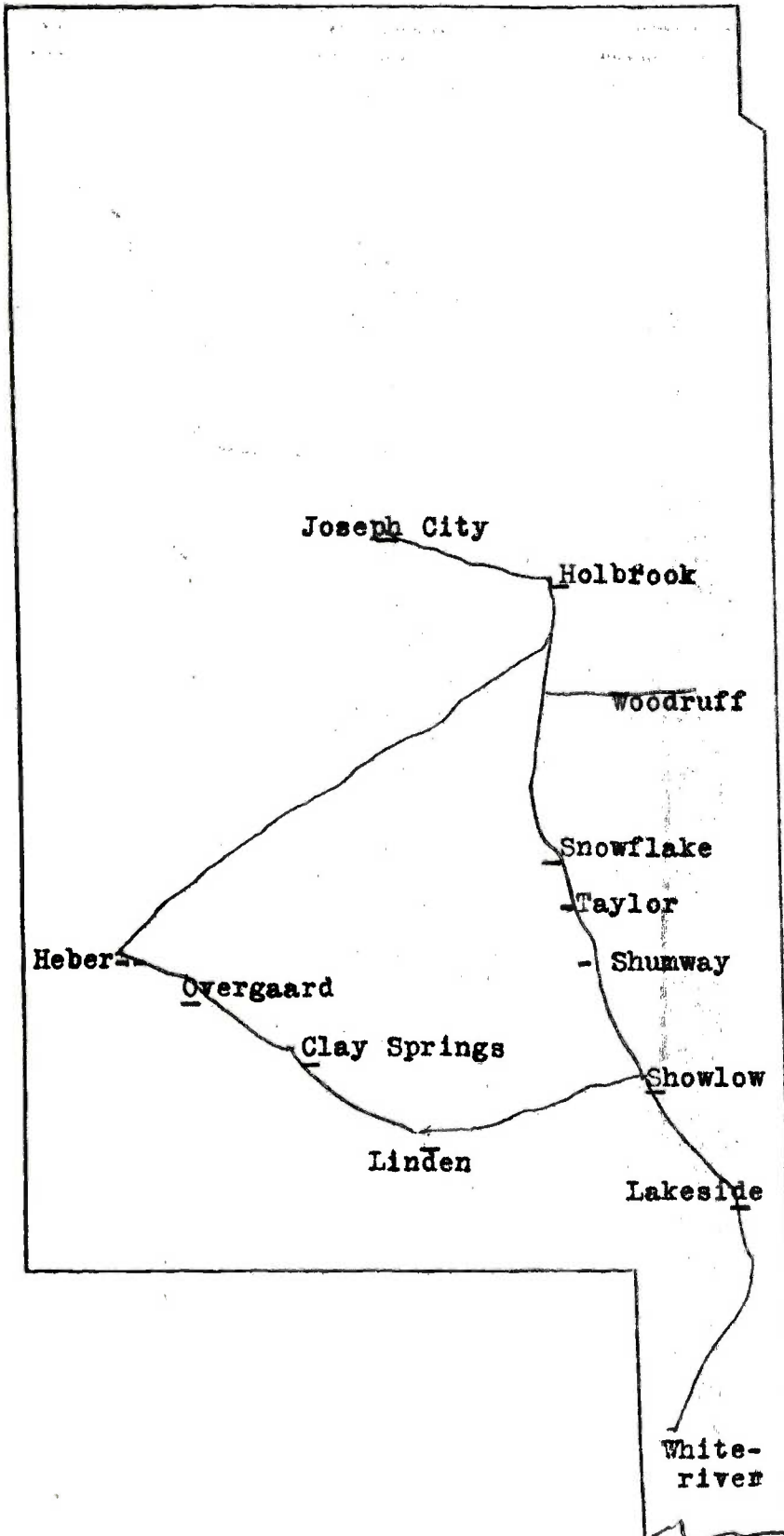
Project Sub-Project	Communities	Lead- ers	Enroll- ment	Method Dems.	Method of procedure	Goals	Days Spec.	Days HDA	Month
Clothing Fitting the Dress You Make Or Buy	Joseph City	1	11	7	Specialist with subject matter, illustrative material.	Better dressed women	3	20	June
	Snowflake	1	14						
	Woodruff	1	8						
	Heber	1	8						
	Shumway	1	4						
	Lakeside	1	3						
Clothing Extend- ing the life of the Garment	Showlow	1	3						
	Joseph City	1	11	6	Specialist	Secure Use of old garments.	3	28	July
	Snowflake	1	24						
	Woodruff	1	11						
	Showlow	1	10						
	Shumway	1	8						
	Heber	1	12						
4-H Club	Holbrook	2	14	4	Secure leaders and aid them with subject matter and information	Preparations for 4-H Round-Up at Tucson	2	9	July
	Snowflake	2	24						
	Overgaard	1	5						
	Taylor	1	5						
	Joseph City	1	10						
	Snowflake	1	46						
Nutrition "How We Grow"	Showlow	1	20	3	Specialist- Subject matter, illustrative material	Decrease the number of mal- nourished children	3	16	Aug.
	Joseph City	1	10						
	Snowflake	1	46						
	Showlow	1	20						
	Joseph City	1	10						
	Snowflake	1	46						
4-H Club	Showlow	1	20	2	Aid leaders	Achievements	1	8	Aug.
	Joseph City	1	10						
	Snowflake	1	46						
	Showlow	1	20						
	Joseph City	1	10						
	Snowflake	1	46						
4-H Club	Showlow	1	20	2	Aid leaders	Achievements	1	8	Aug.
	Joseph City	1	10						
	Snowflake	1	46						
	Showlow	1	20						
	Joseph City	1	10						
	Snowflake	1	46						
4-H Club	Showlow	1	20	2	Aid leaders	Achievements	1	8	Aug.
	Joseph City	1	10						
	Snowflake	1	46						
	Showlow	1	20						
	Joseph City	1	10						
	Snowflake	1	46						
4-H Club	Showlow	1	20	2	Aid leaders	Achievements	1	8	Aug.
	Joseph City	1	10						
	Snowflake	1	46						
	Showlow	1	20						
	Joseph City	1	10						
	Snowflake	1	46						

HOME DEMONSTRATION PLAN OF WORK

COUNTY Navajo HOME DEMONSTRATION AGENT Alice F. Beesley YEAR 1940

Project	Communities	Lead-ers	Enroll-ment	Method Dems.	Method of procedure	Goals	Days Spec.	Days HDA	Month
Sub-Project Community Fair	Countywide	8			Preparation & participation	High Grade Food products fresh & canned. Better Clothing	2	12	Sept.
Nutrition School Lunches	Joseph City Showlow Linden	1 1 1	16 19 11	1 1 1	Cooperation with Surplus Commodities, Committees, County Superintendent, Health Agencies	Hot lunches for all school age children		20	Sept. & Oct.
Christmas Suggestions	Taylor Shumway Whiteriver Joseph City Woodruff	1 1 1 1 1	9 5 24 13 17	1 1 1 1 1	Illustrative material and instructions	Useful and economical gifts.		14	Oct.
Nutrition Communicable Diseases	Holbrook Joseph City Taylor Snowflake	1 1 1 1	19 12 6 25	1 1 1 1	Secure aid of County Nurses. Local and National Health Laws	Better Physical condition of children. Immunizations and Vaccinations for all children	Co. Nurse 2	9	Nov.

NAVAJO COUNTY MAP



A - Adult Groups

Joseph City
Holbrook
Woodruff
Snowflake
Taylor
Shumway
Showlow
Heber
Clay Springs
Linden
Lakeside
Whiteriver

B - 4-H Clubs

Holbrook
Woodruff
Snowflake
Taylor
Overgaard

Home Demonstration Agent
Alice F. Beesley

Holbrook, Arizona
September, 1940

Dear School Principal:

A number of inquiries have been coming into my office on how to organize a school lunch program. Last year a hot dish was served at lunch in many schools. I do not need to convince you of the value of an adequate meal for the school children. The increased daily attendance resulting from freedom from colds and infection, increased alertness and ability to learn that result from proper food speak for themselves. You do not need to be reminded that the amount of money allotted for schools is based upon daily attendance.

In most communities such items as fresh, canned or stored vegetables, fruits, meats, milk, eggs and cheese are available locally. Additional foods such as apples, beans, butter, cereals, cornmeal, rice, flour, dried fruits, dried and evaporated milk are available from the Federal Surplus Commodity Corporation. Some money will be necessary for staples as ~~succa~~ and spices. Families unable to contribute food may contribute wood or services.

In order to utilize the surplus commodities in the school lunch program a local group such as P. T. A., Homemakers Club, Relief Society Ladies Aid, American Legion Auxiliary, Red Cross, Federated Womens Clubs, or other organizations must sponsor the project. It is generally the function of the school to provide space for the preparation and service of the food---empty school rooms, home economics rooms, or adjacent building and home kitchens have been successfully used. W. P. A. and H. Y. A. assistance is available in some communities for the preparation and serving of food. Where this is not possible local women have offered their services.

Immediate attention to your school lunch problem is urged. Your plans should be under way before the opening of the school year. Furthermore, gardens are in their prime and now is the time to can surplus products and store pit vegetables for the school lunch.

Now is the time to act. If you need assistance in organizing and carrying out your school lunch program please feel free to call on any of the persons listed below.

Miss Mary A. Brown, County Superintendent of Schools
Miss Lois Morgan, Social Security and Welfare Office
Mrs. Pearl Pace Eagar, Home Supervisor, F. S. A.
Miss Alice F. Beesley, County Home Demonstration Agent
Mrs. Louise Morgan, County Nurse.

Very truly yours,

Superintendent of Schools

QUESTIONNAIRE

Please check immediately and return to the office of _____.

Date: _____

School: _____

Teacher: _____

1. How many pupils enrolled? _____
2. How many children would you consider undernourished? _____
3. How many bring lunch to school? _____
4. Does your school furnish milk, a hot dish, or school lunch? _____
5. If so, do you utilize surplus commodities? _____
6. How many miles is your school from the Surplus Commodity Depot?
(Holbrook, St. Johns, Vernon, Showlow, Taylor, Snowflake) _____
7. What are your community sources of food (school garden,
parents of children, personal contributions, etc.)? _____

8. Have you had assistance in preparation of food? If so, by whom?

9. What equipment do you need? _____
10. In your community do you have:
 - a. Homemakers Group
 - b. 4-H Club
 - c. Church Organization
 - d. Social Organization
 - e. P. T. A.
 - f. Other
11. Have you approached your trustees for cooperation on a school
lunch program? _____
12. If you have no school lunch project, would you like assistance
in planning such a project?

Remarks: _____

PREPARE NOW FOR HOT SCHOOL LUNCHES

School bells will soon be ringing and the school bus will pass your door. It is a long day for children who have many miles to travel. Only the healthy child, who is well-nourished and permitted ample time for sleep will be able to face the approaching winter free from colds and infections. Only this child will be able to attend school daily.

An adequate noon meal is particularly difficult to ensure in the old lunch pail. This problem is being met by school districts all over the United States. School lunch projects are everywhere being organized.

Some communities present special problems but none are too great for solution. In one school district where there are no facilities for the preparation of the food at school the luncheon dishes are prepared in various homes and the school bus collects the food and delivers it to the school at noon. Down Oak Creek Canyon way in Yavapai County, a community is canning peaches, plums, pears, string beans and tomatoes for the school lunch project. They will have a well stocked school pantry.

Close to 7000 school children in Arizona last year benefited from the Federal Surplus Commodity program which allots surplus commodity foods for school lunch projects. Has your community availed itself of this opportunity? Such basic foods as white and graham flour, cornmeal, dried beans, butter, onions, dried fruits, citrus and fresh vegetables, dried and evaporated milk are available. When supplemented locally an adequate noon meal may be inexpensively assured. All school principals are acquainted with the program and fully aware of its value to the children.

Under the school lunch program utilizing surplus commodities it is necessary that a local organization sponsor the project. This may be the local P. T. A., Homemakers Club, American Legion Auxiliary, Red Cross, Ladies Aid, Relief Society, 20-30 Clubs, etc. Generally the school furnishes space and facilities for the preparation and service of the food. Lacking space in the school, near-by buildings or homes may be utilized. W. P. A. and N. Y. A. services are available for the preparation and service of the food.

Local donations of food, equipment, fuel and services assure the success of the program.

Utilize the agencies that may assist you in organizing and carrying on your school lunch project. These include the County Superintendent of Schools, Agricultural Extension Service and the Public Health Service. Plan now so that the health of the children may be built up before winter approaches.

LUNCH FOR SCHOOL CHILDREN

School bells are ringing and mothers are turning their thoughts to the school lunch pail. For some the pail will be brimming full of all these foods which make sparkling eyes and pearly teeth, straight bodies and ruddy cheeks. For all too many it will be packed with indifferent foods, lacking in variety which do not tempt the child's appetite and which all too frequently still remains in the bottom of the pail at the end of the day.

The school lunch represents $\frac{1}{2}$ of the meals for a week for the growing child. It should provide at least: one glass of milk, one serving of green or yellow vegetables, fresh or stewed fruit, and a tissue building food such as meat, cheese, egg, peanut butter or dried beans. Here is a suggested lunch box menu which can be readily packed.

Thermos bottle of chilled milk	
Prune sandwiches	Raw carrot sticks
Orange	Molasses cookies

To make the prune sandwich filling: Mix well 1 cup of chopped raw or cooked prunes, 1 tablespoon melted fat, $\frac{1}{2}$ cup cottage cheese, spread on whole wheat or graham bread. Try this recipe for molasses cookies.

1 cup molasses	1 tablespoon ginger
$\frac{1}{2}$ cup shortening	1 tablespoon soda
$1\frac{1}{2}$ cups white flour	2 tablespoons warm milk
1 cup graham or whole wheat flour	1 teaspoon salt

Heat molasses to boiling point, add shortening, and warm milk. Sift ginger, soda, salt and flour and add. Drop from spoon or chill, roll and bake in a moderately slow oven. (325 degrees F).



Joseph City Community Exhibit
1940 Navajo County Fair

This Exhibit Took First Place
In the Community Exhibit Section